

HELLO, BOYS AND GIRLS! BIG BIRD TALKS

PUPPETEER CAROLL SPINNEY DISCUSSES "SESAME STREET." PAGE 12



metro

NEW YORK CITY No. 1 FREE DAILY IN THE US

Tuesday, May 12, 2015 www.metro.us | t: MetroNewYork | f: MetroNewYork

Party poopers

Greenpoint. A BMW dealership will replace the Brooklyn Night Bazaar. It turns out the rent is just too damn high. PAGE 02



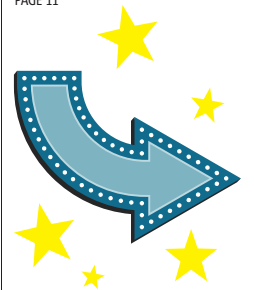
The Brooklyn Night Bazaar has to vacate its 23,000-square-foot warehouse by June 1. / BROOKLYN NIGHT BAZAAR

'Metro' the NYC bulldog needs a loving home

PAGE 04

Find your way to pure happiness on page 11

PAGE 11



NFL drills Brady with four-game suspension

PAGE 16

There's still time to apply for Fall!

Classes start August 27.

www.qc.cuny.edu/directadmit

Q QUEENS
COLLEGE

CUNY The City
University
of New York

1 NEWS

Top 3

The best of Metro.us

1 'Why multitasking is hurting your productivity'

2 'How to land on top in the gay "Tops and Bottoms" speed dating game'

3 'Metro the American Bulldog looking for a good home in New York City'



Get the latest

Want to read the latest news on your mobile device? Get the free Metro App! Find out what happened while you were sleeping and get the latest in news, sports, lifestyle and entertainment. Just search for Metro US in the App Store or Google Play.

Brooklyn Night Bazaar priced out of Brooklyn

Ousted. The market will move to Jacob Riis Park between May Day and Labor Day with free shows every weekend.

Greenpoint is losing another vibrant local venue, in favor of a BMW dealership.

The Brooklyn Night Bazaar, which for two and a half years has hosted local bands and food vendors while charging no entry fee, was given notice by their landlord over the weekend. They must vacate its 23,000-square-foot space by June 1.

"We just found out three days ago," said Aaron Broudo, one of the market's founders. "It's all very fresh and new to us. That's why we had another month or two of programming in place, including Northside Festival things, so this came as a bit of a shock."

They were given the option of matching the price, but could not compete with an offer close to 10 times their current lease, according to Gothamist.

Brooklyn Night Bazaar will take up residence over



Brooklyn Night Bazaar / BROOKLYN NIGHT BAZAAR

Quoted

"Hopefully, this works for us as maybe like a transitional space. We'd love to figure out another permanent space, and we love this neighborhood, but it's going to be very hard to find something this large in this neighborhood for sure."

Broudo.



A rendering of the new location at Jacob Riis Park
BROOKLYN NIGHT BAZAAR

the summer at Jacob Riis Park in the Rockaways, where they have secured a summertime lease for the next five years running.

For one street vendor who's been at food markets in the area for three years, the change in the neighborhood has been drastic.

"It's funny because

when I first started we would see hardcore hipsters, like, you know, just people that lived in Bushwick or somewhere close by in Williamsburg," David Oropeza told Metro. "And then the second year was a little more family oriented, and then this year it's all tourists. Complete tourists. Everywhere you look it's like Times Square in Brooklyn. It's weird."

Broudo said organizers are thankful for the time they had on Banker Street.

"It sucks, but it is what it is and we're hoping to find another location soon enough," Broudo said.

NIDHI PRAKASH
@MetroNewYork
nidhi.prakash@metro.us

Legislation

Multiracial bill may let New Yorkers ID as more than one race

The City Council's Committee on Governmental Operations held a hearing Monday on legislation introduced last November by Councilwoman Margaret Chin, and advocates say demographic data will be more accurate if New Yorkers can identify as more than one race.

Census data from 2010 shows New York City leading the country with more than 320,000 residents identifying as multiracial, but have to check a single box when filling out city documents, including job applications, public housing forms, tax licenses and complaints.

"When a government form tells a person of multiracial heritage that they need to just 'check one box,' it's like saying that our government doesn't recognize that there are people of multiracial heritage. Forms like these seem to harken back to our country's dark history of segregation and laws against mixed-race marriages," Chin said.

Her office said a mayor's representative supported the change during the hearing.

METRO



Margaret Chin / PROVIDED

Exploitation. NY nail salons had better shape up: Cuomo



A nail technician works on a client. / GETTY IMAGES

New Yorkers might be reconsidering getting manicures and pedicures this week, after this weekend's disturbing exposé from The New York Times, which found that many nail salon workers are being exploited by their bosses, denied wages and exposed to harmful chemicals.

Gov. Andrew Cuomo

has decided to intervene. He announced on Sunday that he's forming a state task force to investigate salons and put in place new safety requirements for workers.

"New York State has a long history of confronting wage theft and unfair labor practices head on, and today, with the formation of this new

Enforcement Task Force, we are aggressively following in that tradition," he said in a statement.

As part of the plan, Cuomo said he will launch an information campaign in six different languages to make sure that workers know their rights. It will include mandatory signage in nail salons. NIDHI PRAKASH

Painful Varicose Veins & Swollen Legs?



Varicose veins are more than a cosmetic problem. They are associated with **Deep Vein Thrombosis (DVT)** and **Pulmonary Embolism (PE)**, both of which claim up to **300,000** lives a year in the United States.

DO YOU SUFFER FROM

- ☒ Varicose Veins
- ☒ Spider Veins
- ☒ Itching and Burning
- ☒ Leg Pain and Cramps
- ☒ Heaviness and Swelling
- ☒ Skin Discoloration
- ☒ Ulcers and Blood Clots
- ☒ Difficulty Walking Long Distances

You may have a condition called venous insufficiency, which left untreated can lead to serious health complications. Our non-surgical, minimally invasive and painless endovenous procedure only takes 15 minutes.



Have you had prior vein treatment and are not satisfied with the results? USA Vein Clinics can help!

When it comes to your health, trust your legs only to the top vascular specialists at USA Vein Clinics.

Medicare and most insurances accepted! *Call us today to schedule your appointment*

(917) 717-5135

www.USAVeinClinics.com



New York

1153 First Ave • Manhattan, NY 10065

2511 Ocean Ave, Ste 102 • Brooklyn, NY 11229

2444 86th St, Ste A • Bensonhurst, NY 11214

116-02 Queens Blvd • Forest Hills, NY 11375

NEW 1975 Hylan Blvd • Staten Island, NY 10306

NEW 64 Nagle Ave • Washington Heights, NY 10040

NEW 260 W Sunrise Hwy, Ste 102
Valley Stream, NY 11581

New Jersey

766 Shrewsbury Ave, Ste 300 • Tinton Falls, NJ 07724

Crime

Unruly
patron's car hits,
drags White
Plains cop

A Westchester cop was recovering Monday after he was struck by a suspect's car — and dragged 100 feet.

The incident happened around 4 a.m., shortly after a restaurant patron



Nino Valvano / PROVIDED

who had reportedly been causing trouble was shown the door.

The patron, Nino Valvano, 38, was observed by White Plains municipal cops grabbing something from his car, concealing it in his waistband, then returning it to the vehicle.

He appeared to toss the object back in the car. The Journal News says: "One officer walked

up to the car and grabbed onto the door. That's when Valvano allegedly put the car into drive, striking the officer and dragging him about 100 feet down Post Road before throwing him to the ground."

The officer suffered minor injuries. Valvano was charged with assault, reckless driving and drug possession. **JOHN A. OSWALD**



"Metro" the American bulldog is up for adoption after he was abandoned on the MTA. / POSH PETS RESCUE

'Metro' the dog looking for a good home in NYC

City dog. We didn't name him — we promise.

& Control of NYC shelter, Metro's time was running out and he would have been euthanized.

"Volunteers were begging us to take this dog," Vetrano said.

On an icy Sunday in January, NYPD officers found a nearly 70 pound American Bulldog on a subway train in Times Square.

The dog, who has since been renamed "Metro," reportedly was left on the train in the Bronx, and took a ride downtown.

"He's just a big goofball," said Linda Vetrano of Posh Pets Rescue. "It's definitely time to find him a home."

Vetrano said Metro willingly went with police officers, who found him wagging his tail in the subway car. But, as weeks passed in the Animal Care

Metro is in good health, a great dog for a family and doesn't seem to be all that interested in chasing cats. He has been at the Long Beach Animal Shelter for the past two months.

"I'm very happy I did rescue him," Vetrano said. "A lot of these dogs are ruined by bad upbringing, and we like to rescue dogs we can put back into the public and restore back to the glory of what beautiful dogs they are."



WENDY JOAN BIDDLECOMBE
Wendy.Biddlecombe@metro.us

Stats on Metro

- **Breed:** American Bulldog/
American Staffordshire
Terrier
- **Weight:** About 70 pounds
- **Gender:** Male
- **Age:** Young
- **Attributes:** Neutered,

housetrained, walks on a leash, up to date on shots, plays well with others

- **More information at** <http://postpetsrescue.org/adoptadog/metro/>, by calling (516) 431-7674 or emailing misslondons@pets@aol.com.

Are Your Legs Suffering From...

- ☒ Varicose Veins
- ☒ Leg Ulcers
- ☒ Spider Veins
- ☒ Pain/Burning
- ☒ Restlessness
- ☒ Heaviness
- ☒ Swelling
- ☒ Itching
- ☒ Fatigue
- ☒ Cramping

We are not a chain, trust the doctor that cares about you!

- **Personal & discrete care** delivered directly by Ronald Lev, MD
- **Certified** by the American Board of Venous and Lymphatic Medicine

- **15 minute** minimally invasive procedures
- **Consistently** ranked #1 Vein Doctor in NYC by our patients

Everyone is so nice and professional. I've been to other doctors with no result, but here, they did everything to ensure my leg wound heals. Dr. Lev and his staff are great at delivering success. Thank you! — A/ S.

ADVANCED
VARICOSE VEIN
TREATMENTS OF MANHATTAN

212.204.6501

111 John St, Ste 1450 (bet Cliff & Pearl St), New York, NY 10038

TreatmentsOfManhattan.com
DRLEV@TREATMENTSOFMANHATTAN.COM

Evening
appointments
available!
Hablamos Español!

Covered by Most Insurances including Medicare • FREE Consultation

Until 5/31/2015

Christie has a \$300K snack habit: Report

Food budget. The New Jersey governor has spent a notable amount of money on food and drinks.

Chris Christie has been hungry lately.

The New Jersey govern-

nor spent \$300,000 of his \$360,000 state-funded allowance over five years on food and beverages, the New Jersey Watchdog reported this week.

The report looked at Christie's spending — between his yearly salary of \$175,000 and yearly expenses stipend of \$95,000.

The New Jersey Watchdog accessed the records

from his private ledger, as he doesn't submit an official account of how he spends his salary. They found that Christie spent \$82,594 on concessions at MetLife stadium between the 2010 and 2011 game seasons — using a debit card on 58 different visits.

From 2010 to mid-2012, when he famously had weight-reduction surgery,

he spent \$64,687 on groceries — an amount that halved to \$31,236 in the two years after.

Two New Jersey Assemblymen have introduced a bill that would force Christie to submit detailed expense reports to the State Ethics Commission website, the report says.

A Christie spokesman told the group the spend-

ing was legitimate.

"The official nature and business purpose of the event remains the case regardless of whether the event is at the State House, Drumthwacket or a sporting venue," said Press Secretary Kevin Roberts.

NIDHI PRAKASH
@MetroNewYork
nidhi.prakash@metro.us



Christie / GETTY IMAGES

Enough is enough

Pelosi endorses Cuomo's sex assault bill

House Democratic Leader Nancy Pelosi has signed on to Gov. Andrew Cuomo's "Enough is Enough" campaign to stop sexual assault on college campuses.

Last fall, SUNY adopted a sexual assault policy that requires both parties to give affirmative consent before engaging in sexual activity, as well as increased training for police and immunity for victims who report assault. Cuomo's campaign looks to extend that policy to all colleges in New York State. **METRO**

Corruption

NY Senate leader Dean Skelos resigns

The leader of the New York State Senate, Dean Skelos, resigned from his post Monday after mounting pressure from his Republican colleagues.

Skelos, who was arrested last week along with his son, faces corruption charges for extorting money on behalf of his son.

The New York Times reports his colleagues had at first determined that he should stay on as Senate majority leader, but on Monday asked him to step down. **METRO**



The grass is greener in Bryant Park

New Yorkers enjoyed the lawn at Bryant Park on Monday, basking in appropriate May weather. / BESS ADLER, METRO

Jump into Spring and head into Summer for whiter and brighter teeth

Extended Special from our Ivy League Dentists
Special Whitening \$59
(regularly \$299)

Receive a revolutionary whitening Pen for \$59 with our special offer of:
Cleaning, Exam and X-Rays for \$99

BRING AD IN FOR REDEEMABLE COUPON! NEW PATIENT OFFER
EMERGENCIES ARE WELCOME! (212) 957-6453

CALL: (212) 95-SMILE

snap on
smile

FREE
CONSULTATION



STATE OF THE ART COSMETIC, GENERAL & RESTORATION DENTISTRY

IMPLANTS • ROOT CANALS • PERIODONTAL • INVISALIGN • CROWNS & VENEERS
TEETH WHITENING • EMERGENCY DENTAL TREATMENT



Dr. Priya Duggal
Specializing in:
Gums & Implants



Dr. Marc Liechtung
Inventor of the
Snap-On Smile



Dr. Steven G. Goldberg
Inventor of the
DentalVibe



Dr. Daniel Jacobs
Specializing in:
General Dentistry



Dr. Eric Novison
Specializing in:
Root Canals



Dr. Bernadette Sawa
Specializing in:
Prosthodontics

MANHATTAN DENTAL ARTS COSMETIC, GENERAL & RESTORATION DENTISTRY

1995 BROADWAY (NEXT DOOR TO APPLE STORE), SUITE 200, NEW YORK, NY 10023

VISIT WWW.MANHATTANDENTALARTS.COM **(212-957-6453)**

Five things you need to know

Slayings of police officers climbed 89 percent in 2014: FBI

The number of U.S. law enforcement officers killed in the line of duty last year nearly doubled from 2013, the Federal Bureau of Investigation said in a report on Monday.

The FBI said of 51 officers slain in 2014, 46 were shot, four were killed by vehicles, and one was beaten to death. Twenty-seven officers were killed in 2013, the lowest number during a 35-year period.

Another 44 officers were accidentally killed in the line of duty last year, most in automobile accidents. Others were killed in motorcycle accidents, accidental

shootings, by drowning, blunt force trauma and smoke inhalation. Forty-nine were accidentally killed in 2013, the FBI said.

The report was released days after the burial of a New York City police officer who was shot dead while on duty. Two officers were killed over the weekend in Mississippi.

In 2014, most of the officers died as the result of criminal acts committed in southern states, where 17 officers were killed, and western states, where 14 were killed. States in the Midwest and Northeast accounted for eight slayings each and Puerto Rico had four, the report said.

An average of 64 law enforcement officers per year were intentionally killed on duty between 1980 and 2014, according to the FBI.

REUTERS



NYPD OFFICER BRIAN MOORE

US airline complaints soared in March: Report

Complaints among U.S. air travelers soared more than 55 percent in March from a year earlier, mainly due to flight problems, a federal government report said.

The report by the U.S. Transportation Department recorded 1,733 complaints about U.S. airlines, travel agents and tour operators for the month, which reflects the most recent data available. The March total was up more than 27 percent from February.

More than one-third of the complaints about U.S. airlines stemmed from flight problems, including cancellations, delays and missed connections. REUTERS

Tornadoes kill at least four, destroy homes

Emergency crews were cleaning up on Monday from tornadoes that killed at least four people and injured 50 others in Texas and Arkansas. They were part of a twister series to hit central states overnight, flattening buildings and snapping power lines.

A husband and wife were killed in their mobile home in Van, Texas, about 70 miles southeast of Dallas, a town of about 2,500 people where dozens of homes were destroyed.

Near the west Arkansas town of Nashville, a baby girl about 18 months old was pulled from the wreckage of a mobile home where her parents died in a tornado there.

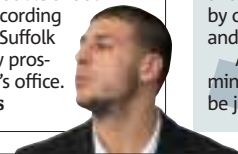
REUTERS

Hernandez charged in 2013 shooting of witness

Former New England Patriots player Aaron Hernandez, who was convicted last month of murdering an acquaintance in 2013, was charged on Monday with the nonfatal shooting of a man believed to be a witness to another murder of which Hernandez is accused.

Prosecutors in Boston on Monday charged Hernandez with violating witness intimidation laws for shooting a man in the face in February 2013 after the man made a remark about a 2012 double shooting, according to the Suffolk County prosecutor's office.

REUTERS



Chicago officer faces civil trial over shooting of black teen

A civil trial opened on Monday in a lawsuit against the city of



Chicago and a police officer for the alleged use of unjustified force in the

2011 fatal shooting of an 18-year-old black man.

Officers Noel Morgan and Tracy Adler were trying to arrest Parise Mercer after a July shooting outside a restaurant. Authorities said Mercer ran and pointed a gun at them. Both officers fired, and Mercer was struck by one bullet in the back and died.

A prosecutor determined the shooting to be justified. REUTERS

Apple Bank **BONUS** Savings Account: Great Rate **and** a Bonus on Each 1-Year Anniversary!

BONUS Savings Account

0.75%
APY*

\$25,000 minimum to earn stated rate

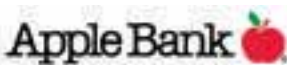
PLUS

BONUS**

0.25%

On each 1-year anniversary of account opening

Visit one of our conveniently located branches today!



Established 1863 • Member FDIC

www.applebank.com • 914-902-2775

*For the Apple Bank BONUS Savings account, interest earned on daily balances of \$2,500 or more at these tiers: \$2,500-\$24,999: .10% Annual Percentage Yield (APY), \$25,000 and up: .75% APY. There is no interest paid on balances of \$0-\$2,499. APYs disclosed effective as of January 6, 2015. APYs may be changed at any time at the Bank's discretion. There is a minimum of \$2,500 required to open the Apple Bank BONUS Savings account. \$2,500 minimum daily balance is required to avoid \$10 monthly maintenance fee. Fees may reduce earnings. Funds used to open this account cannot be from an existing Apple Bank account. Maximum deposit amount is \$1,000,000 per household. **Special bonus feature: A .25% simple interest rate bonus will be paid on each anniversary date of account opening on the lowest balance for that year (anniversary date to anniversary date). No bonus is paid if the account balance is less than \$2,500 on the anniversary date. Additional deposits during a given anniversary period do not affect the bonus interest payment. Deposits made to the account on any anniversary date will be used to calculate the lowest account balance for the next anniversary period. The bonus interest is calculated on the lowest balance on deposit from one anniversary date to the next anniversary date. Simple interest rate bonus is subject to change at any time after first anniversary date of account opening. **Hypothetical example of how bonus works:** Assume an account is opened on January 12, 2015 for \$50,000. A \$10,000 withdrawal is made on July 12, 2015. No other withdrawals are made prior to the January 12, 2016 anniversary date. The low balance is now \$40,000, so \$100 in bonus interest will be paid on January 12, 2016.

Trouble breathing through your nose?



Why suffer with a problem when we have solutions?

At **eos sinus**, we diagnose and treat the many causes of nasal and sinus disorders such as deviated septum, sinusitis, nasal obstruction, nasal polyps and more. After an expert evaluation, our physicians consider all your options before recommending a treatment plan that's right for you. Our wide range of safe and minimally invasive treatments, including Balloon Sinuplasty™, have proven to be effective for many of our patients.

866-eos-sinus (866-367-7468)
eosinus.com

Most Insurance Plans Accepted

If you think you are suffering from sinus problems, visit our website and take our quick and simple Sino-Nasal Outcome Test.

eos sinus

For the treatment of nasal and sinus disorders

Better Diagnosis. Better Treatments. Better Results.

20 EAST 66TH STREET NYC • 262 CENTRAL PARK WEST NYC
589 BROADWAY NYC

833 NORTHERN BLVD GREAT NECK

Moroccan F-16 plane missing in Yemen

Military. Morocco is one of eight Arab states to have joined Saudi Arabia in the intervention against Houthi advances.

A Moroccan F-16 warplane has gone missing while on a mission with Saudi-led forces in Yemen, Morocco's military said on Monday, and Yemen's dominant Houthi militia said regional tribesmen shot down the aircraft.

The disappearance of

the Moroccan jet and intensifying duels of heavy-weapons fire across the border between the Iran-allied Houthis and Saudi forces could endanger a five-day humanitarian truce due to start in Yemen on Tuesday morning.

Saudi-led air strikes hit military bases and weapons stores in the Houthi-controlled capital Sanaa on Monday evening, setting off huge blasts that residents said launched rockets into the air which then crashed back down.

Backed by Washington, the Saudi-led coalition



A file picture shows a Royal Moroccan Air Force F-16 fighter jet. /GETTY IMAGES

Quoted

"The violent explosions can be heard from anywhere in the city and we feel they could land on our heads. We're living a life of terror." Ahmed Fawaz, Sanaa resident

tion has been bombing Houthi rebels and army units loyal to ex-president Ali Abdullah Saleh since March 26 with the aim of restoring exiled President Abd-Rabbu Mansour Hadi to power.

The Houthis' ties to regional rival Iran have

rattled the Gulf Arab states and the rebels remain the strongest force in Yemen's civil war. Saudi Arabia, the world's top oil exporter, regards the Houthis' rise as a grave threat.

"One of the F-16s of the Royal Armed Force

put at the disposal of the coalition led by Saudi Arabia to restore the legitimacy in Yemen went missing on Sunday at 6 p.m. local time," Morocco's military said in a statement on Monday.

The Houthis' official news channel al-Masirah said on Monday that anti-aircraft guns had downed an F-16 over in the remote Wadi Nashour area in the northwestern province of Saada, a Houthi stronghold bordering on Saudi Arabia.

REUTERS

Germany

Merkel defends staff in spy scandal criticism

German Chancellor Angela Merkel defended her present and past



chiefs of staff on Monday against criticism that they lied to

the public about the prospects of a "no-spy agreement" with the United States.

Media reports alleging lying by Merkel's aides were the latest in a controversy over German intelligence since Edward Snowden revealed in 2013 a U.S. surveillance program.

The latest report said D.C. never offered Germany a no-spy agreement after those revelations, despite statements from Merkel and senior aides during the general election held only a few months later. REUTERS

STRAIGHT Talk



Erectile Dysfunction (E.D.) When the "Magic Pill" isn't so magic

What do men do when Erectile Dysfunction pills aren't effective? Don't like the idea of expensive penile injections, suppositories, and vacuum pumps? Get the facts on an inflatable penile prosthesis (IPP): a permanent solution—covered by many insurance plans—which allows an erection as often as you like, for as long as you wish.

Attend a **FREE** seminar sponsored by Coloplast Corp. to educate men and their partners about an advanced, **DRUG FREE** treatment for E.D.

FREE REFRESHMENTS WILL BE SERVED

Featuring:

Dr. Seth Cohen

A board certified urologist who specializes in the treatment of E.D.

Also featuring:

A patient who found a long-term solution to his E.D.

Wednesday, May 13, 2015

Refreshments available at 6 p.m.
Presentation begins at 6:15 p.m.

New York Marriott

at the Brooklyn Bridge

Lobby Level, Actors Room
333 Adams Street
Brooklyn, NY 11201

To reserve your space or for more information about this **FREE** seminar, please call: **(866) 233-9368**.

PARTNERS ARE ENCOURAGED TO ATTEND

An educational series, sponsored by Coloplast Corp., designed to inform and empower. www.ColoplastMensHealth.com



BRAMSON I RT

COLLEGE www.bramsonort.edu



**Stop Dreaming, Start Doing.
Change Your Career Today!**

- Medical Assistant
- Pharmacy Technician
- Medical Billing and Coding
- Office Technology and more!

- ✓ Job Placement Assistance
- ✓ Degrees and Certificates
- ✓ Flexible Schedules
- ✓ ESL

Queens Campus

69-30 Austin Street, Forest Hills

Brooklyn Extension Center

8109 Bay Parkway, Brooklyn

CALL TODAY! (866) 644-2925

THE BRAMSON I RT PROGRAMS GAINFUL EMPLOYMENT DISCLOSURES ARE POSTED ON WWW.BRAMSONORT.EDU

Boston. Bomber to nun: 'No one' should suffer as the victims did

Lawyers for the Boston Marathon bomber on Monday wrapped up their case to spare Dzhokhar Tsarnaev's life with testimony from a Roman Catholic nun and death-penalty opponent who said Tsarnaev told her "no one deserves to suffer" as his victims had.

The same jury that last month found Tsarnaev, 21, guilty of killing three people and wounding 264 others in the April 15, 2013, attack, later this week will begin deliberating whether to sentence him to death by lethal injection or to life in prison without possibility of release.

Since testimony began in Boston federal court in early March, the jury has heard from about 150 witnesses, including parents who lost children in the attack, first responders who attended to victims who had lost limbs, and Tsarnaev's Russian relatives



Sister Helen Prejean outside the courthouse. / NICOLAUS CZARNECKI

Quoted

"I walked in the room and I looked at his face and I remembered, 'Oh my God, he's so young.' Which he is. I sensed he was very respectful, and I felt it was pretty easy to establish a rapport."

Prejean, describing first setting eyes on the bomber

who remembered him as a loving young boy.

But the closest they came to hearing from Tsarnaev himself was Monday's testimony from Sister Helen Prejean, 76, who described meeting

him five times over the past year at the request of defense lawyers. Prejean, whose story inspired the 1993 book and 1995 film "Dead Man Walking," said she believed Tsarnaev was remorseful. **REUTERS**

Zimmerman wounded in shooting incident

Condition. George Zimmerman was released from a hospital with a facial wound.



Zimmerman / GETTY IMAGES

George Zimmerman, who was acquitted of murder charges in the 2012 shooting death of an unarmed black teenager in Florida, suffered a minor wound after being shot at during a road-rage incident on Monday, media reports said.

Zimmerman did not fire a gun in the incident, the Orlando Sentinel reported, citing a statement by police

in Lake Mary, Florida, a suburb of Orlando where the incident occurred.

An attorney for Zimmerman said a bullet missed his head, but he was hit by broken glass from the vehicle, according to WESH. The television station also said a bullet hole could be seen in the passenger window of Zimmerman's vehicle.

Police said it appeared to be a "road-rage incident," according to the FOX 35 television station in Orlando. **REUTERS**

Time line of trouble

Zimmerman has had several brushes with the law since his 2013 acquittal.

- He was arrested in January in connection with a domestic dispute, accused of throwing a wine bottle at his girlfriend. Charges were dropped after she recanted.

- He was arrested in November 2013 after allegedly pointing a gun at a different girlfriend during an argument. Those charges were later dropped after the woman withdrew her complaint.

- Zimmerman also has drawn the attention of au-

thorities over accusations that he had threatened his then-estranged wife.

- In another incident, he was accused of threatening to kill a man in a road-rage incident, and he has been stopped for speeding in Texas and Florida.

DENTAL ALIGN NYC invisalign

www.nyc-dental-align.com

THE CLEAR ALTERNATIVE TO BRACES | PROVIDER WITH ELITE STATUS SINCE 2005

CALL TODAY FOR A FREE CONSULTATION

888-711-0267

405 LEXINGTON AVE 21ST FLOOR - NEW YORK, NY 10174

Full Invisalign treatments \$2,999

Express invisalign	\$1,999	0%	Financing available.
--------------------	----------------	-----------	----------------------

LASER TATTOO REMOVAL

50% OFF FIRST TREATMENT

646-862-7021

204 EAST 35TH ST., NEW YORK, NY 10016

WWW.LASERTATTOOREMOVALNYINC.COM

NYACK

New York's Christian College

2 Washington Street, near Battery Park

- Accelerated Degree Completion Program
- Bachelors Degrees (38 majors)
- Alliance Theological Seminary
- MA in Mental Health Counseling
- MS in Organizational Leadership (finish in as little as 12 months)
- MBA (finish in as little as 16 months)
- MS in Childhood Education, Childhood Special Education, TESOL

New Programs. New Opportunities. New York's Christian College.

VISIT US AT OUR OPEN HOUSE

Wednesday, May 20th at 6:00pm

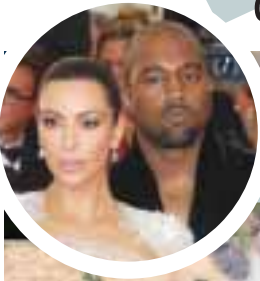
877-626-2236 or visit us at: www.nyack.edu

VISIT US BY USING ANY OF THESE SUBWAY LINES:

1 4 5 R

Nyack, NY • New York, NY
www.nyack.edu
www.facebook.com/nyackcollege

1 Let the celebrity drought-shaming begin!



GETTY IMAGES, JOHN CHAPPLE

In case you haven't heard, there's a drought going on in California. Like, a really, really bad one — so bad that some experts predict the state's reservoirs have less than a year's worth of drinking water left in them.

Well, either a bunch of A-listers didn't get the memo, or they just don't care. Photographer John Chapple recently cruised some posh neighborhoods via helicopter for visual confirmation of how the rich and famous are apparently more concerned with lawn maintenance than the fragile state of their state.

While Barbra

Streisand's cliffside Malibu spread and Hugh Hefner's famed Playboy Mansion stand out, it's the sprawling home of Kanye West and Kim Kardashian that's the most galling in the photos, with lush, emerald green lawns abutting the dried brown dirt more native to California during a drought. Jennifer Lopez's home is a close second.

Of course, there are measures in place to combat wasting water and boost conservation, but the maximum allowable fine is \$100, which is less than these folks are likely paying their gardeners to begin with.

THE WORD

Ned Ehrbar takes on the world of gossip.

NED EHRLBAR
@Nedrick
ned.ehrbar@metro.us

Daily video

Owen Wilson says wow. A Lot.

If you're going to do a solid Owen Wilson impression, you've got to be sure to toss in a few "wow"s here and there. Well, maybe more than a few. The single-minded YouTube channel Owenergy Studios puts together an impressively massive compilation of Wilson using the simple word to exclaim surprise and wonder across his entire filmography — well, everything except his work in animated films — and the end result is hypnotic and totally Zen. So dig in. I think you'll agree it's like, wow, man.



OWENERGY STUDIOS, YOUTUBE

So long, 'American Idol'



FOX VIA GETTY IMAGES

What was once unthinkable is now a reality: Fox has canceled "American Idol." The show will go out with one more season, and you can expect former judges and contestants to pop up. That means Paula Abdul is coming back, right? For now, the only confirmed regulars are this season's judges — Jennifer Lopez, Harry Connick Jr. and Keith Urban — plus the show's

only remaining participant from Season 1, the possibly immortal Ryan Seacrest. Fox co-CEO Gary Newman promises a "season-long celebration." Will we get Kelly Clarkson and Justin Guarini reenacting their cinema classic, "From Justin to Kelly"? Yep, remember when "American Idol" had a spinoff movie? What a long, strange trip it's been.

LISA WEIDENFELD

2 Morgan Freeman wants pot legalized

Morgan Freeman is not one to mince words, and that candor extends to his thoughts about marijuana. "They used to say, 'You smoke that stuff, boy, you get hooked,'" he tells the Daily Beast. "My first wife got me into it many years ago. How do I take it? However it comes. I'll eat it, drink it, smoke it, snort it. This movement is really a long time coming, and it's getting legs — longer legs. Now the thrust

is understanding that alcohol has no real medicinal use. Maybe if you have one drink, it'll quiet you down, but two or three, and you're f—ed."

Aside from being a longtime marijuana enthusiast, Freeman is also well versed in its practical applications, thanks in part to the grisly car crash he survived seven years ago. "Marijuana has many useful uses," he explains. "I have fibromyalgia pain in [my] arm, and the only thing that offers any relief is marijuana. They're talking about kids who have grand mal seizures, and they've discovered that marijuana eases that down to where these children can have a life. That right there, to me, says legalize it across the board. And what negative effects does it have? Look at Woodstock 1969. They said, 'We're not going to bother them or say anything about smoking marijuana,' and not one problem or fight. Then look at what happened in '99." To be fair, though, the lineup in 1999 was pretty terrible, and they weren't charging \$5 for a bottle of water in '69.



GETTY IMAGES

3 Somebody ripped off Demi Moore

Demi Moore is feeling about \$200,000 poorer these days after industrious thieves made off with couture clothing items valued at roughly that amount from one of her Los Angeles-area storage spaces, according to TMZ. Moore is reportedly working with police but is having a tough time pinpointing exactly when the theft occurred since her assistant hadn't checked the inventory for about six months. But whoever ripped Moore off, I'm betting it was an inside job since the thieves were reportedly quite particular about which items they made off with, and there were no signs

of forced entry. So tell me more about this assistant, again?



GETTY IMAGES

2 CULTURE



Twitter feed

Today, Lindsay Lohan is back on American soil, Carrie Fisher is trying to move on, Victoria Beckham is feeling nostalgic, Solange Knowles is excited about a new Janet Jackson album and Alan Alda is still getting the hang of Twitter.

@lindsaylohan: Happy to be home in nyc with my family and friends. Missed this place.

@carrieffisher: Bend down so I can get over you.....

@victoriabeckham: Spice up your life!

@solangeknowles: I literally just did kart wheels, dropped it like its hot, the bunny hop, a praise dance....and all of that!!!

@alanalda: My thanks to those who pointed out I misspelled my name in my own profile. This is a great start.

POWER ISN'T ALL FUN AND GAMES FOR JON SNOW AND DAENERYS



Jon Snow is finding that leadership has its downsides. / HELEN SLOAN, HBO

'Thrones' on the Web

WINTER IS COMING

As the editor-in-chief for Winter Is Coming, Dan Selcke spends his time writing about the latest "Game of Thrones" news and preparing for the long night that will have no end.

Read more of him at Winteriscoming.net.

Various characters fought against the status quo in "Kill the Boy," a thematically meaty episode of "Game of Thrones."

reach out to the wildlings, even though it means offending many Night's Watchmen who have been fighting wildlings all their lives. In the long run, making peace will benefit both groups, but Jon's trying to change things from within a system built to resist change. On "Game of Thrones," doing the right thing isn't as important as doing the savvy thing, a lesson these characters are failing to grasp.

Our watch for next week begins

Sansa Stark is doing a better job of keeping her cool and waiting for opportunities to present themselves. Her return to Winterfell has been one of the smartest changes the producers have made to the books this year, as it throws several underused characters together and makes their stories exciting again. When Stannis arrives at Winterfell, things should get even more explosive.

Tyrion and Jorah were among the only characters not caught in a political quagmire this week. Instead, they drifted through the beautifully rendered ruins of an ancient civilization, one they could only briefly appreciate before being attacked by a band of diseased men in an eerie action sequence. As frustrating as the status quo can be, it beats the wild, untamed alternative.

Episode MVPs

Too often on "Game of Thrones," those in power are the ones who least deserve it. Lately, some upstanding characters have come into power, but they're learning that good intentions aren't enough.

Take Daenerys Targaryen — she's still trying to quell the sectarian violence that's tearing apart Meereen. This week, she was pushed too far and fed a prominent citizen to her dragons, only to turn around and reopen the city's fighting pits, an institution she abhors, in an attempt to placate her unruly subjects. Will the strategy work, or will her vacillating make things worse?

Up at the Wall, newly elected Lord Commander Jon Snow is trying to

Novel complaints

Changing the books too much?

Jane Johnson, who edits the "Game of Thrones" books, said recently that she was "not loving" how the show is diverging from its source, mentioning specifically the death of Barristan Selmy (who's still alive on the page) and the portrayal of Loras Tyrell. Complaints like these aren't new but have rarely come from someone so near the top.

Are You Shy?

Do you also struggle with depression?

- ☐ Do you get anxious in front of others?
- ☐ Do you feel embarrassed if you have to give a speech or perform at a public function?
- ☐ Do you avoid meeting new people, going to parties, or dating?

If your answer is yes to any of these questions, you may suffer from Social Anxiety Disorder. If you are between 18 and 65 years of age, and feel that these problems interfere with your ability to achieve your goals or to enjoy life fully, you may be eligible for our research study. Please call for more information.

(212) 595-5012

The Medical Research Network, LLC

134 E. 93rd Street, New York, NY • www.MedicalResearchNetwork.com

LEXINGTON



RECONSTRUCTIVE FOOT AND ANKLE SURGERY
BUNION AND HAMMERTOE CORRECTION • DIABETIC FOOTCARE
SPORTS INJURIES • TENDON REPAIR • HEEL PAIN • SURGERY
SPIDER VEIN AND VARICOSE VEIN AND MORE...

(888) 825-1666

113 E. 39th St., New York, NY 10016



@lexfootanklevein

www.lexingtonfav.com

**MOST INSURANCE
ACCEPTED**

Activities for your commute to make you happier

Just try it. Take 10 minutes to complete these three exercises, and you'll get off the subway feeling totally transformed.

Lee Crutchley's new book, "How to Be Happy (Or at Least Less Sad)" is full of little activities based on proven science to lift your mood. Explanations are sprinkled throughout the book so you know the reasoning behind why the activities make you feel all warm and fuzzy — or at least a bit better. Here, we excerpt some of the activities from the book.



EMILY LAURENCE
@EmLaurence
emily.laurence@metro.us

What upcoming event is making you anxious?

What's the worst thing that could happen?

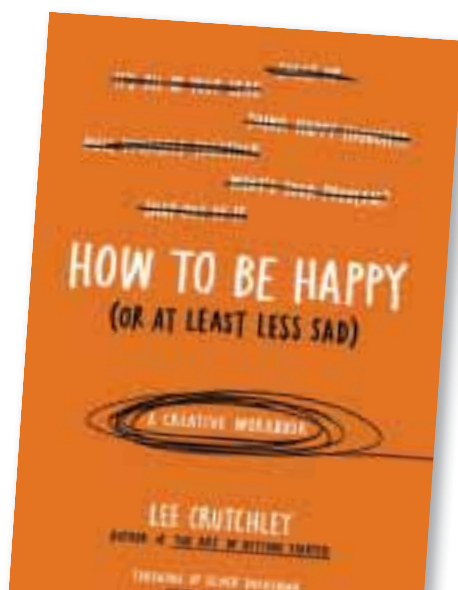
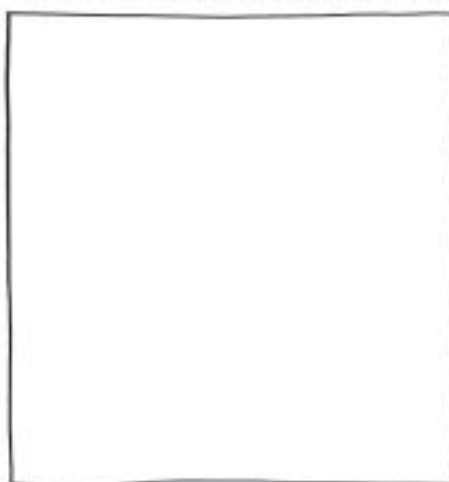
And the best?

What about something between the best and the worst?

Come back after the event — what happened?

Which answer was closest to the reality?

WRITE EVERYTHING GOOD IN THIS BOX



GO TO
banhdc.org



What the carriage-horse industry doesn't want you to know

COALITION TO BAN HORSE-DRAWN CARRIAGES

MANHATTAN CENTER FOR
Vaginal Surgery

**Labia Plasty
Vaginoplasty
Mona Lisa Touch**
"Will Change Your Life"

FREE CONSULTATION

2 out of 5 postmenopausal women suffer from:

Vaginal Dryness, Itching, Burning, Painful Urination & Painful Intercourse.

This special laser promotes vaginal regeneration causing a return to vaginal health. Symptoms typically improve within 7 days! Clinically proven.

MONA LISA TOUCH WILL RELIEVE YOUR SYMPTOMS.

144 E 44th St, Ste 205 NY,
NY 10017 (3rd – Lex)
212-308-4066

Ronald Blatt M.D. F.A.C.O.G.
manhattancenterforvaginalsurgery.com

MEDSPA⁴⁴

Make Yourself Beautiful for the Summer!

**SKIN CARE
TREATMENTS &
COSMETIC LASER
SERVICES**

FREE CONSULTATION

Fraxel • Ul Therapy • Cool Sculpting
Laser Hair Removal • Smartlipo
Cellulaze • Precision TX – Neck Lift
Botox, Juvederm, Voluma



144 E 44th St, Ste 205
NY, NY 10017 (3rd – Lex)

212-308-4990

info@medspa44.com
www.medspa44.com



Think of five things in your life that you're grateful for. They could be people, places or pizza. Write one thing on each finger of this hand.

Big Bird speaks! Talking with Carroll Spinney

Interview. A longtime "Sesame Street" puppeteer gets a new documentary.

Since 1969, Big Bird and Oscar the Grouch have both been voiced and, for the

most part, controlled by the same man: Carroll Spinney. The puppeteer has largely stayed off-camera, just fine with generations of

"Sesame Street" viewers not knowing the man who was an integral part of their childhood. That changes with "I Am Big Bird: The Carroll Spinney Story," a new doc that covers his life and work and has since

made him recognizable on the street. Not that Spinney minds the fame.

What convinced you to step into the limelight after all these years?

People love to ask me why I decided at this time to do this. The answer is [directors Dave LaMattina and Chad N. Walker] were the first people to approach me. I didn't think I'd lived a life important enough to make one. I'm so proud to be so humble, ha ha ha. That was a little joke.

You've done a rare thing for a performer, which is play the same characters for 45 years. What has kept you interested in Big Bird for that long?

The difference between Big Bird and the other Muppets is Big Bird got to be very sensitive and complex. He's not just into cookies or something. I'm not putting [Cookie Monster] down.

Your voice for him still sounds the same at your age, which is incredible



CAROLL SPINNEY / GETTY IMAGES



Carroll Spinney, with Mr. Snuffleupagus, is seen filming "Sesame Street" with only his Big Bird legs. / TRIBECA FILM

considering how one's voice tends to erode over the years. I'm awfully lucky. My father lived to be 91. He looked like an old man but sounded like he always did. That seems to be working for me too.

Does Oscar's rougher voice grate on your vocal cords?

Actually, Oscar's voice doesn't bother me in any way. I even had a very sore throat, the

kind that when you swallow, it feels like you're twisting a knife. Even then Oscar's voice wasn't any strain at all. Not like Cookie Monster. I remember Frank Oz used to do Cookie Monster, and he had to learn not to rehearse as Cookie Monster's voice because it was really rough on his vocal cords.

You actually went viral a few months back when you were in a spoof of

"Birdman" about you being followed around by Big Bird.

We did that just a few weeks ago. It was 19 degrees with 30 mile per hour winds. I thought we were going to die making that thing. But we were only out there briefly.

You've been very clear that you have zero interest in retiring any time soon. What's your secret to still controlling that massive puppet, which has to be exhausting?

I don't do it all the time now. My stand-in has been waiting for 17, 18 years, and he now often does it. I do the voice, because I think that's the heart and soul of it. I can put my feelings in the readings. I love the job, but I'm glad to have some relief in the playing of it, because it is pretty physically draining.



MATT PRIGGE
@mattprigge
matt.prigge@metro.us

Beats working

Keep on keepin' on

Spinney is now 81 and is glad to be among those who have kept working when most his age have retired.

"I have a great admiration for the Spanish puppeteer Senor Wences," he says, citing the ventriloquist whose creations included Johnny, a boy whose mouth was Wences' hand. "He performed on the last day of his life. He did a job in Madrid, which was where he lived, and he did it the same as usual. Best ventriloquism I ever

heard in my life. And he completed the show, had dinner, went to bed and that was it. He was 103. I'd love to emulate him."

Senor Wences is himself part of a long tradition of elderly workhorses. "Michelangelo in the 1500s, he worked till he died. He was 89 years old at a time when the life expectancy was 38, 39 years old," Spinney says. "Other Italian painters, they all lived to be way into their 80s at a time when a lot of people kicked off far earlier because there was poor medicine. The best doctor was usually

the barber.

"I think keeping working is good for you. My father would have lived a lot longer had he gotten up and walked more. Instead, he was watching bowling shows."

Asked how long he thinks he can go, he replies, "I want to do at least 50 years — 55 if I can. That would make me 90. But I don't think I can do that."

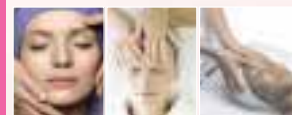
It's at this point Debra Spinney, his wife, sitting next to him and sometimes helping him with answers, chimes in, adding, "You can."

May Specials Good for Mothers Day

	1 Hour Massage & Deep Pore Facial	\$99	Spa Manicure Spa Pedicure	\$25
	Buy 1 Microdermabrasion and get 1 free	\$75	Deep Pore Facial & Oxygeneo Face Treatment	\$99
	Laser Hair Removal Choose any area for	\$75	Fractional – Reduces Stretchmarks, acne scars, wrinkles Buy 1 get 1 free	2 for \$99
	Microdermabrasion with Deep Pore Facial	\$75	No time to come in? Pre-pay before 5/10/15	
	GET SKINNY permanently & painlessly			
Zerona – 3-9 inch loss in 2 weeks		\$50	180 7th Ave. South • New York 212-229-0399 [between Perry St. & West 11th St.]	
Cavi Lipo – reduce cellulite & Fat		\$50	www.nylaser.net • Open 7 days a week Free phone or in person consultation	

ESSENTIAL
Day Spa & Cosmetics Inc.
www.essential-skin.com

Specializing in
Problem Skin
Licensed
Professionals
First Time Clients Only



Free consultations

Treat yourself to the gift of beautiful skin; We offer results, not promises!

"Body Massage + Facial \$99 • Eyebrow / Eyeliner Tinting \$25 • Ear Candelizing \$50"

Diamond Microdermabrasion Only \$50
for acne scars, sun damage skin, fine lines, wrinkles, discoloration, blackheads.

Botinal Wrinkle Treatment Reg \$160 \$125
formulated with "Botox® - Like" effect without injection. Effectively reduces the appearance of wrinkles and crow's feet after only one treatment.

Acne Treatment w/Glycolic Acid Peel Only \$45
For oily and blemish skin with excessive blackheads/whiteheads, acne scars and discoloration.

Back/Chest Deep Pore Cleansing \$75/\$35

Deep Cleansing Facial Reg \$75 \$40
Deep cleans and refreshes all skin types.

Brightening Peel Reg \$125 \$75
An antioxidant peel that helps to brighten and lighten discolored skin with highly concentrated L-Vitamin C and L-Retinol. All skin types.

Body Slimming Wrap or Salt Glow Special \$50
Sea salt scrub to exfoliate and polish or herbal slimming wrap to move toxins and promote inch loss.

Back/Chest Glycolic Peel Only \$55/\$30

247 E. 50th St. 2 Fl NYC • Trains: **E** to Lexington Ave., 51st-53rd Street
4 to 42nd Street-Grand Central Terminal • Tel: 212-588-8866/212-253-9693

wellbeing

For all the recipes on this page, head to **Metro.us**

If you go

Kimberly Snyder's "The Beauty Detox Power" book launch party

Wednesday, May 20th
6:30-9:30 p.m.
MEET 195 1/2 Chrystie St.
Snack on delicious, good-for-you recipes and talk health and beauty with Snyder.
Beautydetoxpowerny.eventbrite.com



Snyder's signature recipe is her **Glowing Green Smoothie**.
COURTESY OF KIMBERLY SNYDER

MAKE HEALTHY YOUR NEW HAPPY

Stop eating your feelings

The M&M and potato chip habit stops now.



TINA CHADHA
@TinaatMetro
tina.chadha@metro.us

Back away from the vending machine. We get it, every day at around 3 p.m. your ability to complete any task at work hinges on inhaling a bag of M&M's. That stops now.

In her new book, "The Beauty Detox Power," nutritionist and New York Times best-selling author Kimberly Snyder — who keeps Drew Barrymore, Kerry Washington, Channing Tatum and Rooney and Kate Mara looking their best — says there are emotional and psychological reasons for our cravings. She helps us figure out what's behind our eating habits and how we can work on them long-term. In the meantime, her recipes satisfy our need for sweet and salty snacks without packing on the pounds.



Carbs

"Carb craving is very, very common, and the reason is they just have a familiar smell, texture and taste," says Snyder. "They can temporarily feel euphoric. There's something very comforting about burying your head in a pile of pasta or bread."

The best way to resist carbs is through activity — "even if it's a quick exercise to boost your serotonin level," says the expert.

Instant gratification: For guilt-free indulgence, try Snyder's vegan and gluten-free mac 'n' cheese.

"The sauce is made with roasted butternut squash and coconut milk," explains Snyder. "It gives you a creamy texture that is very easy to digest without any fatty dairy or really heavy cashews."

Salt

Are you someone who craves sweet or salty treats? "I'm actually a salty craver," admits Snyder.

But it's not the salt that makes potato chips and crackers so irresistible, says Snyder. It's the crunch.

In fact, the nutritionist explains that our desire for such savory snacks can indicate pent-up tension that a lot of people hold in their jaws.

"We crave crunchy a lot in the middle of the day when

we're stressed, and there's tension that's overbuilt," she says. "So the root cause we want to work on is not letting the tension build up so much in the first place." Her solution: Find regular outlets to de-stress, such as yoga or deep breathing.

Instant gratification: If it's cathartic to crunch down on something, Snyder says go for kale chips. Her recipe uses turmeric and crushed pepper. "They're easy to make, and you can make a big batch at once."



Start the day on an up with this easy tip

"The real key is fixing long-term eating habits," stresses Snyder. "Because any sort of diet or plan that has an end isn't sustainable."

And the easiest way to jump-start a lifetime of healthy eating? "Start [each day by] drinking hot water and lemon," she says. "Lemon is very special. It has hundreds of citrus acid enzymes that support your liver tissue," says Snyder. "Your liver is your detoxifying organ, your fat burning organ. ... Give it some nourishment and support."

"I want people to start [this simple routine] in the morning, because you wake up and you have a fresh start," adds Snyder. "And when you make better choices in the morning, you are more likely to make better choices throughout the day."

Chocolate

"Chocolate is the most common craving — especially with women," says Snyder.

But stop blaming the chocolate cake addiction on PMS.

"There's a really interesting study out of the University of Pennsylvania of postmenopausal women," she says. "They didn't find a big drop in cravings that one would expect if it was hormonally related. So it's more about the emotional and how it makes us feel."

And apparently the deca-

dent treat is filled with happy chemicals, such as "PEA," which elevate your mood and make you feel as if you're in love.

"If you're chronically craving chocolate, you want to look into other ways to improve your mood," says Snyder.

Instant gratification: Swap the Twix for Snyder's brownie recipe. "What's great about it is that I make it with avocados," she says. "It has a lot of fiber and minerals. So you're satisfying that craving with something that is actually good for you."



The bottom line

What makes TheRun great is that instead of trying to keep up with your marathoner friends or waiting to be lapped so you can chat with them again, you can run in a group class at your own pace, which can be saved at each session so you can track your progress. You get the community aspect, but no one can outrun you — and you can't get distracted by a Wafels & Dinges cart halfway through. And it all happens under the supervision of an instructor who will later torture you with a series of body weight exercises, rounding out the cardio with a super-intense, makes-you-beg-to-die strength-training session.

Would I do it again? With one class running for \$34 and packages of 20 classes priced at \$600, I'm not sure my 24-year-old, lower middle-class budget has room for it. Especially when you consider that you can run for free anywhere.



TheRun is not your mama's treadmill workout

Run for your future self in a futuristic space at TheRun. / MATT LEE

We tried the future of running.

MATTHEW LEE
@mattlee2669
mattlee.lee@metro.us

Spring's trendiest version of recommended

torture is definitely treadmill workouts. In the same way that Pure Barre uses dance training and SoulCycle uses cycling, TheRun — well, you can guess.

A little background on my history as a runner: In the few months

I was a part of the track pack in high school, I spent every long-distance run "going my own route," which really meant walking home to eat chips and salsa while watching "Maury." One jar of salsa and two "You are the father!"s later, I'd rejoin the pack covered in "sweat" (just water I had splashed on myself), pretending I had gotten a really good run in.

So, not exactly marathon material.

Setting the tone

The studio, which just opened in the Flatiron District, is a cleaner and better designed reality of my dream sex dungeon. Nearly every surface was covered in mirrors, and the door was made of glass for all to see our session. These empty ap-

peals to my egomaniacal and voyeuristic nature lulled me into a false sense of security.

Between the mirrors were tube lights that ran the entire length and height of the room. I couldn't tell where the room ended and eternity began — it felt very "2001: A Space Odyssey" or "Tron."

TheRun's treadmills aren't like your treadmill at home. (First of all, we actually used ours.) These treadmills of the future have gigantic touchscreens and levers on either side to control incline and speed. You can even log into Facebook. (I'm not sure why you would do that, but hey, to each his own.) In short: The treadmills felt like spaceships — spaceships upon which you run like a terrified Ellen Ripley for about 45 minutes.

If you go

TheRun

24 W. 25th St.
646-682-9076
www.the-run.com

Time to sweat

The class itself consisted of the instructor drilling us as music blared at club-level decibels as we, a pack of Forrest Gumps, ran for about 2.5 miles with interval segments. (You begin the class with a humbling exercise: telling the treadmill what your mile time is to calibrate the speed, so there's no chance of pratfalls off a speeding conveyor belt.)

Ever the competitive gentleman, I tried to match the runner in front of me, despite him obviously being in better shape. I felt like a tortoise on Ambien trying to keep up with a very fit gazelle — and the heart rate monitors tracking the whole class on our treadmill screens showed it.

The killer part of the class, called Velocity, was the weights portion, which turned out to be my personal hell. This consisted of mountain climbers, planks, squats and sprinting in place.

Look, folks — this class kicked my butt. Have you ever sweated so much you thought that maybe you had actually wet yourself? I hadn't until now. My pores and orifices were unloading sweat by the gallon. I was bathing in my own fluids. All I could think was, "Where does the sweat end and I begin? Are we one and the same now? Am I a being of pure sweat?"

Get in shape & prepare for a career as a certified

Fitness Trainer

Prepare for three NASM certifications.
NASM-Certified trainers make top pay!

Other classes offered:

- Medical Assistant or CNA
- Dialysis Technician
- Phlebotomy/EKG
- Medical Biller
- Pharmacy Technician

Manhattan Institute

— 45 W. 34 St. NYC • 5th Fl —

For info and a **FREE** tour:
(917) 580-6060

ManhattanInstitute.edu



IS FOOD A PROBLEM FOR YOU?

- Do you eat when you're not hungry?
- Do you go on eating binges for no apparent reason?
- Is your weight affecting the way you live your life?

CONTACT
OVEREATERS ANONYMOUS

NO dues • NO fees • NO weigh-ins • NO diets
oanyc.org/welcome • 347-433-5876

© Overeaters Anonymous Inc.

Horoscope

Taurus | April 21-May 21
Someone will try to take advantage of you. Guard against a fast talker. Unless you have examined all the details, take a pass.

Gemini | May 22-June 20
You will find it necessary to go the extra mile when it comes to keeping the peace. Don't be too hard-headed.

Cancer | June 21-July 22
Younger people will gravitate to you. A stimulating new prospect will be of interest. If you use your imagination, you will discover a solution to a problem.

Leo | July 23-Aug. 22
Present your ideas with confidence if you want to convince everyone. Residential changes will add to your comfort and reduce stress.

Virgo | Aug. 23-Sept. 22
Be respectful. You'll forfeit a friendship if you are too pushy. Be aware of the consequences before you make a rash, irreversible decision.

Libra | Sept. 23-Oct. 22
Someone you encounter will find you extremely alluring. A romantic relationship will take an upward swing. Make the most of your appeal.

Scorpio | Oct. 23-Nov. 21
A situation that is troubling you will be resolved. You are entering a period of growth that will enhance your creativity and curiosity.

Sagittarius | Nov. 22-Dec. 21
A solid investment plan will pay off. Relationships may be strained. Learn as you go. Consider starting a home business.

Capricorn | Dec. 22-Jan. 20
Your usual routine will fall by the wayside. Deal with each issue as it arises. Your ability to adapt to changeable circumstances will serve you well.

Aquarius | Jan. 21-Feb. 18
Helping others will emphasize your capabilities to a new audience. Don't be surprised if you receive a job offer.

Pisces | Feb. 19-March 20
If a personal relationship is unsettled, consider dissolving the association. Staying in an unhappy situation will compound distress.

Aries | March 21-April 20
You will get the wrong impression from someone's promises. If matters are unclear, ask a trusted friend to shed some light on your circumstances. **EUGENIA LAST**

Letters to the editor

No more nuclear energy

Re: 'Oil leaked into river after fire at nuclear reactor in New York' (Metro, May 11) I was deeply saddened to hear about yet another nuclear power accident. How can the company say no harm was done when oil is spilling into the water, hurting the river and all the wildlife that lives there? We have seen so much disaster. Nuclear power is unsafe and is a disaster waiting to happen. The plants must be closed immediately. We could provide millions of jobs in clean green energy, thus helping the economy and our people and saving the earth at the same time. Let us not be shortsighted.

SHIFRA FREEWOMAN

Thank cops for doing their job

Re: 'Changes needed to trust police again' (Metro, May 11) I have an idea — how about saying "thank you" to every policeman and fireman you see for risking their lives every day to protect yours? Three police officers were murdered in the last week doing their job. Flashback! 9/11 attack: The police and firemen were running into those burning buildings to save lives while you were running out. How quickly we forget. The police are the only people that keep you and your family safe from anarchy. This country would look like a "Mad Max" movie if it wasn't for law enforcement.

JOHN MCLAUGHLIN, VIA EMAIL

Sudoku: Easy and hard

4			7	2				
7		8		6			3	2
8		7		3	5	6		
1	6			4			8	7
		3	6	7		4		5
2	8			5		7		1
				1	9			6

4				5		6		
7	3				4			2
					2			
9	6		7	4				
3	4	2				7	9	6
				6	9		3	4
				5				
5			4				8	7
		6		8				5

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across

- 1 Broncos do it
- 5 Mythical archer
- 9 Cousin's dad
- 14 Funny Bombeck
- 15 Benches for masses
- 16 Gemsbok moves
- 17 Easily broken
- 19 Tall tales
- 20 K+, e.g.
- 21 Sorrowful wail
- 22 — Park, Colorado
- 23 Horse, updated
- 25 Threat ender
- 26 Record, as mileage
- 27 Firm, as pasta (2 wds.)
- 30 Poultry purchase
- 33 Some pens
- 34 Constantly, to Poe
- 36 Lagoon protector
- 37 Cast member
- 38 DNA component
- 39 Off — — tangent
- 40 Dieter of rhyme
- 41 Obie relatives
- 42 Medicine chest item
- 44 That means —!
- 45 Edit out
- 46 Seedling's abode (2 wds.)
- 50 Like crazy
- 52 Kind of eagle
- 53 — Dawn Chong
- 54 Solemn watch

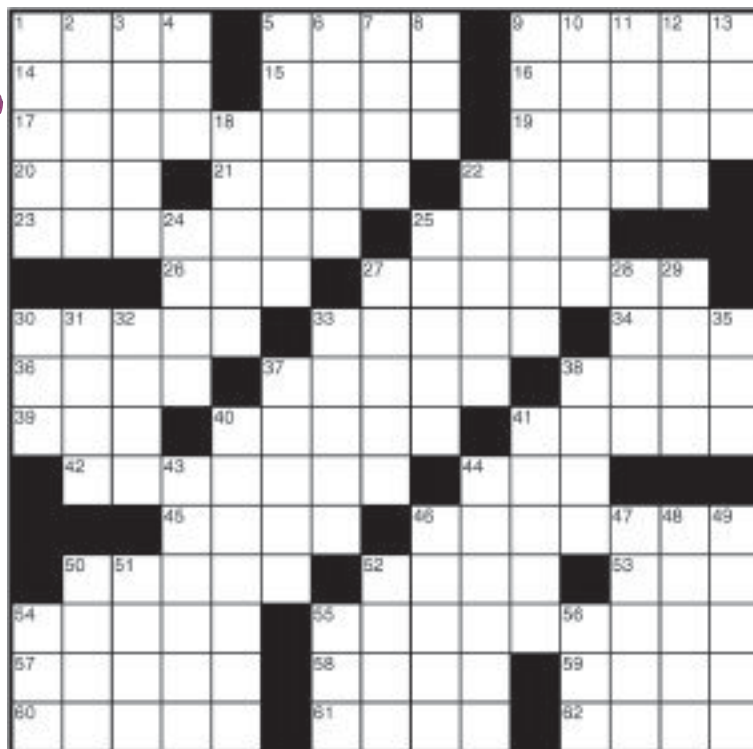
Down

- 2 Tentacle possessor
- 57 Kind of angle
- 58 To — — (exactly)
- 59 Yves' girl
- 60 I thought — never leave!
- 61 Shakespeare, for instance
- 62 Nave neighbor
- 1 Overhaul
- 2 Faux pas
- 3 Iowa commune
- 4 Hightailed it
- 5 Play wrap-up (var.)
- 6 Concrete reinforcer
- 7 Mouse catchers
- 8 NNW opposite
- 9 Homer's seafarer
- 10 Spruce up
- 11 Give a darn
- 12 RN assistants
- 13 Double curve
- 18 Swamp critter
- 22 Tribal adviser
- 24 Musical sign
- 25 George who was a she
- 27 It makes scents
- 28 New driver, maybe
- 29 Start of a count
- 30 Back again
- 31 Rip apart
- 32 Once around the sun

- 33 Fallen-rock debris
- 35 Thing, in law
- 37 Fill out a form
- 38 Gourmand's malady
- 40 Took turns
- 41 Curry favor
- 43 Peculiar thing
- 44 Gave a holler
- 46 More ashen
- 47 Groom excessively
- 48 Camel pit stop
- 49 Giggle (hyph.)
- 50 Wis. neighbor
- 51 Feverish chill
- 52 Phi — Kappa
- 54 Cistern
- 55 Elbow
- 56 LAX regulators

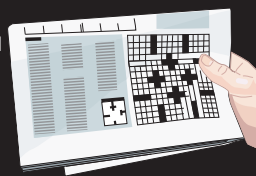


Yesterday's answer



Visit us online at **Metro.us**.

Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.



As the world's largest global newspaper, Metro has more than 18 million readers in more than 100 major cities in 23 countries. • Metro New York 120 Broadway, New York, NY 10271 • main 212-457-7790 • to advertise 212-457-7735 • sales fax: 212-952-1505 • Associate Publisher Ed Abrams • U.S. Circulation Director Joseph Lauletta • U.S. Marketing Director Wilf Maunoir • email sales advertising@metro.us • email distribution distribution@metro.us • Advertisements appearing in Metro are published in good faith. Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damages whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice. • Editor in Chief Aleksander Korab, aleksander.korab@metro.us • Deputy Features Editor, Home/Style/Food Editor Tina Chadha, tina.chadha@metro.us • TV Editor Lisa Weidenfeld, lisa.weidenfeld@metro.us • Film/Tech Editor Matt Prigge, matt.prigge@metro.us • Wellbeing/Going Out Editor Eva Kis, eva.kis@metro.us • Travel Editor Rachel Vigoda, rachel.vigoda@metro.us • Careers/Education/Dating Editor Lakshmi Gandhi, lakshmi.gandhi@metro.us



3

SPORTS



NHL

Caps talk big game

Capitals head coach Barry Trotz isn't going to discipline Alex Ovechkin for his Game 7 guarantee of a win over the Rangers this Wednesday. In fact, he's applauding him for it. "That's what leaders do," Trotz said Monday, a day after Ovechkin said, "We're going to come back and win the series. We're going to play our game and we're going to come back and we're going to play Montreal or Tampa [in the conference final]."

Meet the Mets who are exceeding expectations

MLB. The Mets are winning thanks to some unexpected performances.

There was hope heading into this season that the Mets could be contending for a playoff spot in September, but even the most unbridled optimist couldn't have expected the start the Mets got off to in April. At their peak, the Mets were 13-3 and won 11 straight games, good enough to tie the franchise record for consecutive wins. They currently sit at 20-11 and lead the NL East. Here's a look at the players who have stepped up in 2015:

Bartolo Colon

Colon was only 15-13 with a 4.09 ERA last year, and the fanbase was less than enthused when he was handed the ball on Opening Day. But Colon has been lights-out on the mound this year; he's currently 5-1 with a 2.90 ERA and 34 Ks, and he's surrendered just one walk all season. At age 41, Colon is having a career year. If he keeps up at this rate it will be much easier for the Mets to give Matt Harvey and Jacob deGrom



Jeury's Familia has been phenomenal for the Mets in 2015. / GETTY IMAGES

extra rest in order to save their arms and avoid having them reach their innings limits.

Jeury's Familia

Familia was slated to be the set-up man out of the bullpen, but an injury and subsequent suspension to Jenrry Mejia forced the Mets to slide him into the

closer role. And Familia has been unfazed, converting all 12 save opportunities he's been presented with while allowing just three earned runs in 16 innings pitched. His K/BB ratio is a stellar 6.67, his WHIP is a miniscule 0.625, and batters are hitting just .132 against him in 2015. Considering what

a mental ordeal it is to be a closer in the major leagues, Familia has been incredible, especially since he was thrown into the role unexpectedly.

Juan Lagares

Lagares is, of course, valued for his exceptional defense in center field but he's stepped his game up

at the plate this year. After beating the projections and batting .281 last year, Lagares has improved slightly to a .286 batting average in 2015 to go along with 13 RBIs in 119 ABs.

ROBERT CRISCOLA
@ItsGoodzBeKing
sports@metro.us

DOWNTOWN 111 JOHN ST. SUITE 1450 NEW YORK 10038	DOWNTOWN PODIATRY SERVICES	MIDTOWN 315 MADISON AVE SUITE 513 NEW YORK 10017	NEW LOCATION 159-05 92nd St Howard Beach, NY 718-845-0741
--	---	---	---



BEFORE AFTER

THE FUTURE OF FOOT SURGERY HAS ARRIVED!

- Specializing in Surgery and Aesthetics of the Foot
- Minimally Invasive - State of the Art Technology
- Bunion & Hammertoe Surgery

FREE
consultation
with ad

CONTACT US!

1-877-BUNION-1 or DowntownPodiatry.com

NFL. League slams Patriots QB Brady with four game suspension

NFL commissioner Roger Goodell had no choice but to go back to being "the Sheriff." Less than a year after his own job security was being questioned because of seemingly mild punishments being dished out to players who were involved in domestic violence incidents, Goodell penalized arguably the face of the NFL with one of the stiffest penalties in league history. Patriots quarterback Tom Brady will be suspended, without pay, for the first four games of the 2015 season (a quarter of the year). The baseball equivalent would be a whopping 40.5



Tom Brady led the Patriots to a Super Bowl win this past February. / GETTY IMAGES

games. The punishment stems from the release of the Wells report last week,

which stated that it was "more probable than not" that Brady had knowledge that Patriots employees Jim McNally and John Jastremski were deflating footballs to a level lower than is approved by the NFL. The Patriots as an organization were drilled as well, as they were fined \$1 million and will forfeit a 2016 first-round draft pick and a fourth-round pick in 2017.

"The discipline is ridiculous and has no legitimate basis," Brady's agent, Don Yee, said in a statement obtained by ESPN's Adam Schefter.

MATT BURKE

BACK PAIN ACUPUNCTURE

overweight stress anxiety back neck joint pain fatigue pinched nerve poor circulation sciatica migraine foot pain hair loss acne massage physical therapy chiropractic

Accept 1199 aetna cigna oxford unitedhealthcare bluecross blueshield metroplus affinity healthplus medicare and more
www.MedicalHolistics.com

115W 30 St. #500B (6 Ave) 212-764-3924 723 7 Ave #703 (48 St) 212-470-0360 Jamaica Queens 718-687-2474

**DOWNLOAD
THE METRO.US APP****SPA &
MASSAGE**

To advertise with Metro, email
peter.blankenstein@metro.us

**DO YOU SUFFER FROM
MODERATE TO SEVERE
PLAQUE PSORIASIS
AND ARE 18 YEARS
OR OLDER?**

If so, IMA Medical Research, PC is conducting a 12 week, 4 visit study using an investigational topical cream to treat plaque psoriasis.

Compensation for time and travel provided. Study related medical care for psoriasis at no cost. No insurance needed.



For more information, please
call (888)-852-7656.

**MEDICAL
RESEARCH**

To advertise, call Peter Blankenstein at 212-457-7751 or email peter.blankenstein@metro.us

**ARE YOU A VETERAN EXPERIENCING
PTSD SYMPTOMS?**

YOU MAY BE ELIGIBLE TO PARTICIPATE IN A
NEW INVESTIGATIONAL MEDICATION TRIAL
AIMED AT REDUCING SYMPTOMS OF PTSD.

STUDY INCLUDES:

COMPLETE MEDICAL & PSYCHIATRIC EVALUATION
FULL LABORATORY WORKUP
COMPENSATION FOR TIME & EXPENSES

LOCATION: JAMES J PETERS VA MEDICAL CENTER, BRONX NY
FOR MORE INFORMATION PLEASE CONTACT
(718) 584-9000 X6587 OR X6567

PI: ERAN CHERMERINSKI, MD • PL JULIA GOLIER, MD • VA #CHE-11-072

Sexy

Latin
Ladies
Available
for
Massages.



51st/2 Ave.
347-659-4868

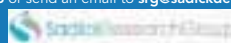
Se busca chicas
para empleo



You may be a candidate for a
Clinical Research Study!

We are currently enrolling qualified participants in a clinical research study with a new investigational drug. To qualify, you must be between the ages of 19 and 45, have acne pimples on your face and be in good general health. Health insurance is not needed to participate and you may receive compensation for time and travel. Participants must be willing to make six site visits.

To see if you or someone you know qualifies, please call us at
917-768-7276 or send an email to srg@sadickdermatology.com

**ARE YOU
LOSING
YOUR HAIR?**

Healthy Men are needed for
a Clinical Research Trial

You can be part of a clinical
research trial, which is looking
at a possible product for male
pattern baldness

Participants are reimbursed for
their time and travel

For further
information contact
Sadick Research Group at:

Phone: 212-772-7242
Email: Srg@sadickdermatology.com

Am I eligible?

If you are a healthy male,
aged between 18-55, and
have male pattern baldness,
then you could be eligible
to participate in the trial.



<https://www.sadickresearchgroup.com>

LEGAL SERVICES

To advertise, call Peter Blankenstein at 212-457-7751 or email peter.blankenstein@metro.us

DIVORCE \$199

1-800-414-0333

TheDivorceCenter.com
Spouse's Signature Not Needed

*Don't Be Fooled By
Imposters*

Plus Court Fee - Without Children
With This Ad
EXPIRES 5/31/2015

FIREDD?

212-286-1425

**OWED
OVERTIME?**

LAW OFFICE OF WILLIAM C. RAND
488 Madison Ave., Suite 1100, New York, N.Y. 10022

**ABSOLUTE
DIVORCE**
Hablamos Español
80 Broad St., 5th Floor, NY, NY 10004
212-504-2985 | www.absolutedivorceinc.com

**STARTING
AT \$219**
+ court fees
Must bring in ad

Bankruptcy Attorney

Looking for a low-priced bankruptcy attorney
who accepts installments? Then call

Jay Simon • 718.222.4619

32 Court Street, Suite 805, Brooklyn
Bankruptcy Only, Chapter 7 Specialist, Low Fee, One Set Fee,
Installments, Personalized Attention, Free Consultation

Service • Savings • Satisfaction • Simon!

IMPORTANT INFORMATION:
All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro U.S. reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

CAREER TRAINING

CNA TRAINING \$535
Home Health Aide
Training \$340

Immediate Job
Placement Assistance
Fordham Institute in
Queens 718-480-1804

**Ultrasound
Med Assistant (RMA)
Pharmacy Tech (PTCB)
Dialysis Technician**

Nursing Assistant (CNA).....\$699
EKG & Phlebotomy Combo.....\$699
Patient Care Technician (CPT).....\$699
Medical Billing (CBCS).....\$699
Med Off Administration (CMAA).....\$999
Pharmacy Technician (PTCB).....\$999
CPR (By American Heart Association Valid 2yrs).....\$80

ACCREDITED INSTITUTE

NEW YORK MEDICAL CAREER TRAINING CENTER
500 8th Ave. NY • 212-947-4444 • Close to Penn Station & Port Auth
36-09 Flushing Main St. • 718-460-4340 • Corner of Main Street & Northern Blvd
www.nymedtraining.com

Financial Aid Available If You Qualify

Mandl School
The College of Allied Health

Earn your Associates Degree not just a certificate

- Medical Assistant
- Surgical Technologist
- Respiratory Therapist
- Health & Human Services
Alcohol & Substance Abuse Counselor
- Healthcare Administration
Medical Coders & Billers
- Dental Assistant
(certificate)

CALL TODAY!

Financial Aid Available*
Day/Eve/Weekend Courses
Transfer Credits Accepted
Convenient Midtown Location

VITAL CAREERS START HERE!
Call Today: **855-626-3504**
254 West 54th Street | www.mandl.edu

For disclosure Information visit:
http://mandl.edu/gainful-employment/
*Financial Aid available if qualified. Earn college credits

ACCESS INSTITUTE

JOB

We Train & Place!

New Media Production (Audio & Video)
PCT • HHA • Medical Asst EKG/PHLE/Pharm Tech
CNA FREE Training if eligible
Free Training US Vets - Solar Tech etc
Call: **718-263-0750**
STUDENT VISAS @ LOW COST
On Queens Blvd Next to E/F Train Q10 Bus 8002 Kew Gardens Rd, Kew Gardens, NY
WWW.ACCESSQUEENS.COM

CAREER TRAINING

Health Care/IT Program
Medical Assistant
Nurse Aide (CNA)
EKG & Phlebotomy
Physical Therapy Aide
Patient Care Technician
Comp. Programming
Comp. Networking
Arts Program
Cosmetology
Nail Technology
Esthetics

866 487 5432
Access Careers
www.AccessCareers.edu
*Financial Aid (*If qualified)

25 Elm Place
Brooklyn, NY

**HHA/CNA Training
NYSED**
Slow learner? Long time
out of school? Placement
Assistance. Job
Placement Assistance
\$14.00/per hr
Call #718.349.8003

metroCLASSIFIEDS
To place an ad call 866-900-9473

JOB

General Help Wanted

Drivers Independent Contractors
(Long Island City) Tri-state courier
service. Minimum 1 year experience.
Must have own vehicle with
commercial plates or own helper.
Steady work and great rates. Bring
your driver's license, SS card,
registration and insurance card. Apply
at Mitchell's Data Movers 4711 Austell
Place Long Island City, NY 11101 See
Rich between 10AM and 4PM Monday
to Friday only.

Cleaning Custodial
Immediate Oppty
FT/PT
Up to \$17.50/hr
Contact 347-829-1199

SIGHTSEEING BUS TICKET AGENTS
Start today! Paid daily
Choose Hours up to 30% comm
2 East 42nd Street
212-664-0300

NYC Tour Guides Wanted
PT/FT will train for NYC lic
Open House 10AM every
Wednesday
2 East 42nd St NY NY
Call 212-664-0300

General Help Wanted

Building Cleaners
All shifts
available FT/PT
Up to \$18.50/hr
Call Now
For Opportunity
#347-500-8849

Sales Representative Wanted
For Wireless Distributor.
Must be Bi-Lingual w/ car.
Call 917-327-3139

Attendant / Front Desk
No exp nec / Must be 18+
No HSD/GED Req. Pay up to
\$19.50 Call #518.495.1688

Multiple Openings Available
Seeking Candidates to
Join our Team ASAP
We Offer:
* Hourly Pay +
Commissions
* Recognition and
Incentive Programs
* Health Benefits
* Opportunity for Rapid
Advancement
* Student Bonus
Program
Call 718-210-3639

Atmark® Real Estate Sales
People Wanted Lic & Unlic.,
\$HIGH% We pay 4 your
Classes: 855-286-2251 Ext.100

TELMKTRS F/T EXP ONLY!
MADE YOU LOOK!!!
Now All You Have To Do is
Call. Salary + Comm. +
Bonus = \$8.-\$12/Hr.
David (212) 563-7500

Immediate Hire Office
Cleaning/Maintenance All
Shifts Available PT/FT Up
To \$23 HR. Call #646-791-9422

General Help Wanted

ENTERTAINMENT

Erotic Zone!!!

**Meet Sexy Singles
in Your area!**

100's of Singles on line now!

CALL NOW!

800-838-2561

HOT LIVE SEXY GIRL'S
800-963-4536

18+

Try It FREE!!!
**New York's Hottest
Chat Line**

**Meet Real Local Singles
in Your Area**

646-507-5155

Gay/Bi Curious Chat!

646-507-5151

Reg. LD rates apply 18+

**America's
Premier
Psychics
Live Psychic
Reading**

877-998-FATE (3283)

Entertainment only 18+

SERVICES

FREE PERSONALITY TEST

Test the 10 key traits that determine your future
success and happiness, and find out
how to improve them.

(212) 921-1210 **Church of Scientology of
New York** 227 W 46th St.

SERVICES**REDUCE YOUR CABLE BILL!**

Get an All-Digital Satellite System installed for FREE and programming starting at \$19.99/mo. FREE HD/DVR upgrade for new callers, **SO CALL NOW 877-356-0526**

Comm/Res Flooring Installations - Wood, Carpet, Tile, Vinyl, etc. Great Ideas! CALL (407)733-2327

PSYCHICS**AFRICAN ADVISOR & SPIRITUALIST**

MR. SHEIKH SALEEM, 6TH GENERATION OF AFRICAN MEDIUM, CAN HELP YOU OUT OF DESPAIR, SEVEN DAY RESULTS
 Love specialist, Romance lovers even hopeless cases, Business success, Release from spell, Clear Negativity, Strong Voodoo, Black Magic, Court issues, Family problems, Drugs, Careers, Exams, Gambling, Luck, Protection, Impotency/Infertility & more.
917-254-6647
116TH/7TH AVE
WWW.AFRICANMEDIUM.COM

Kalimata Astrological Reader Pandit: SANJEEV BABAJI

BORN TO SERVE PEOPLE GENERATION TO GENERATION
 Are you suffering from problems like: Love, Marriage, Relationship, Business, Sexual, Energy, Court, Jealousy, etc? Meet me...I will remove & Destroy, Bad Luck, Witchcraft, Curses, Jadoo, Voodoo, Black magic, Suu & Protects you **Brings Loved ones Back**
 Private & Confidential
347-279-2835
131-11 Liberty Ave
Richmond Hill NY 11419
Private House

SHIV SHANKAR ASTROLOGER AND SPIRITUALIST PANDIT: GANGADHAR

Pandit Provides Solutions for all kind of Problems
GURUJI IS VERY SPECIAL IN REMOVING BLACK MAGIC.
 ALSO JADOO, OBEAH, EVIL EYE POWER, BUTU, SICKNESS, FAMILY PROBLEMS, JOB, MONEY, COURT, DEPRESSION, HEALTH, SEXUAL, BAD HABITS, CHILDREN PROB. EXPERT IN BRING LOVED ONES BACK.
347-705-2147

Psychics**SERIGNE**

917-679-1518 or 646-590-9495
Spiritual Reader & Coach

Bring back loved one, stopped infidelity in Relationship, marriage, fixed Domestic, issues, job, success in business, court case, removed bad luck, witchcraft, black magic. Stop enemy & offer protection. FAST RESULTS
 SpiritualRestore.com

Mr. Khalifa International African Spiritual Healer & Clairvoyant with 39 yrs exp. Helping ppl across the world. Solves problems: Bad influence, Blockage, Disease, Sexual problems, Bad Luck, Business success, Black Magic, Exams, Court, Marriage & Relationship.
 Call Mr. Khalifa, Results Within 7 nights.
 646.339.2385 or 646.630.8303

PROFESSOR SHEIKH IBRAHIM SPIRITUAL HEALER AND CLAIRVOYANT SPECIALIZE IN RELATIONSHIP, MARRIAGE & LOVE, BREAK BLACK MAGIC, BAD LUCK, BUSINESS, JOB, EXAMS, DIVORCE, COURT CASES, IMMIGRATION, ETC SEEK HELP FROM MR. IBRAHIM
 Results between 37 days!
 www.psychicoumar.com
CALL NOW
 212.316.0567 OR 646.239.4298

Mr. SAIDOU International Spiritualist Medium & Psychic
 Over 40 yrs exp. Bring back loved ones in the Quickest Way, Stop Infidelity, Business Success, Exams & Career, Black Magic Specialist, Clear Negativity, Bad Luck, Protection, Sexual Problems etc.
 Results in 7 Days Guaranteed.
 Call 516-206-8543 and 646-339-9948

REAL ESTATE**Rooms for Rent****All Manhattan/Bronx**

Furnished Rooms For Rent! Cable/Internet Ready! Move In Today! All utilities Inc. Starting Just \$125/wk. Call Us Now: (212)368-2685

100's Available, All Boroughs

Private Entry Bath Cooking 1 Person/2 Person \$125/wk/up room rentals Studios \$900/up
212-697-3598

REAL ESTATE**Rooms for Rent****Affordable Furnished Rooms in Manhattan**

Utilities Included Same Day Move In Cable, TV, Internet No Credit Check
 \$125 per week • Call 212-862-0030

Real Estate for Sale

East Elmhurst \$450K 2 Fam hse 3/3, fully finish bsmt, garage. 718.300.7057 hablasmos espanol.

ITEMS WANTED

CASH FOR DIABETES TEST STRIPS - Up to \$35/box! Payment Made SAME-DAY We Receive Your Strips! Call Jenni for a Quote Today! 800-413-3479 www.CashForYourTestStrips.com.

Real Estate for Sale**YOUR AFFORDABLE HOME LLC.**

*Licensed Real Estate Broker

1% down no closing costs *If qualified
Brooklyn, The Bronx, and Queens
1 to 2 families. Newly renovated

143-13 Hillside Ave., Jamaica NY 11435 • By Train: Take the "F" Train to Sutphin Blvd • By Car: Take Van Wyck to Hillside Ave

718-291-1800 START NOW!!

LEGAL NOTICES

NOTICE IS HEREBY GIVEN that a license, Number 1285290 for, Restaurant Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 11 Putnam Ave., Brooklyn, NY 11238, for on-premise consumption. Masa Teriyaki Inc. d/b/a Masa Teriyaki Sushi

metro CLASSIFIEDS
To place an ad call 866-900-9473 or visit us at www.metro.us

DEADLINE: 2 BUSINESS DAYS PRIOR TO PUBLICATION AT 4 PM.

Legal Notices

Notice of Formation of a HKL Capital, LLC. Articles of Organization filed with Secy. of State of NY (SSNY) on 3/26/2015. Office location: New York County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: the LLC c/o/888 7th Ave., Suite 503, New York, NY 10106. Purpose: Any lawful purpose.

Notice of Formation of Randall Ross MD LLC. Articles of Organization filed with Secy. of State of NY (SSNY) on February 26, 2015. Office location: New York County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 19 Stoneybrook Drive, Larchmont, NY 10538. Purpose: Any lawful activity.

**FOUR PLANS IS NOT AN EMERGENCY PLAN**

Make sure your family knows what to do during an emergency. Who to call. Where to meet. What to pack. Search Ready Kids at NYC.gov or call 311.





Thurs May 21•8/7c



EVERYONE'S JOINING IN... WHY DON'T YOU?



SUPPORT RED NOSE DAY WITH

DUANEreade™

Walgreens

The Red Nose Day Fund is a program of Comic Relief, Inc. registered 501c3, Tax#(EIN) 01-0885377

The above work, "Red Nose Bull", is a derivative of "New York XIII / The Bull" by Victor Pineda, used under CC BY. "Red Nose Bull" is licensed under CC BY by PureRed.